DOCUMENT RESUME

ED 319 741 SP 032 426

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TITLE	Living Anatomy. Second Edition.
REPORT NO	ISBN-0-87322-290-3
PUB DATE	90
NOTE	231p.
AVAILABLE FROM	Human Kinetics Publishers, Inc., Box 5076, Champaign, IL 61825-5076 ($20.00).
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Anatomy; Body Composition; Higher Education; *Human Body; *Muscular System; *Musculoskeletal System; *Physical Education; Teacher Education; Textbooks; Undergraduate Study

ABSTRACT

This book is a text intended for undergraduates who are preparing to be physical education teachers, coaches, or athletic directors. It presents a method of instruction that uses a partner system by which students locate anatomical structures in the illustrations and on their partners, and then learn the structures' functions by manipulating their partners' movements. The book is divided into six parts covering the following aspects of the topic: basic concepts; the upper extremity; the trunk, thorax, and abdomen; the lower extremity; internal anatomy; and the microanatomy of muscle contraction. (JD)

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